

一心禮拜——2010年萬佛寶懺心得報告

With One Heart Bowing

– Reports from the Repentance before Ten Thousand Buddhas in 2010

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身心洗禮——關阿南

我來自加拿大卡爾加利的華嚴聖寺；現在常住華嚴聖寺，大約半年的時間。這是第一次來到聖寺參加一年一度的萬佛寶懺。

首先介紹一下我自己是怎樣學佛，又是怎樣下定決心走一條修行之路的。2005年的一次車禍，徹底改變了我的一生。我原本沒有任何宗教信仰，每天在世上追逐五欲的享受。直到有一個夜晚，突然夢見觀世音菩薩站在面前，告訴我，我已經是在生死關頭；她指點我，要我向她禮拜。接下來的幾天，又有一些類似的夢境。那時雖然覺得這些夢非常奇特，但是也沒有在意，幾天後意想不到的事真的發生了。

在一次的出行中，我乘坐的汽車從馬路上翻落下去，車子完全損壞，我奇蹟地只有一點輕傷，而心裡受到的驚嚇卻是難以描述；人生的無常，徹底震撼了我的內心。從那以後，彷彿一夜之間大夢初醒，而佛菩薩對我慈悲的指引，使我成為一個真正的佛教徒。

沒多久我就知道華嚴聖寺，初到道場倍感親切，在那裡學習佛法。每當看見花園中的螞蟻、飛蛾等小蟲子時，感到好像看見我自己。這些小生命終日忙忙碌碌，為了眼前的生活奔波。看不見這是一個多麼大的世界，而生命是多麼短暫，牠們所擔心的事情，在一個人看來是多麼微不足道。

Cleansing the Body and the Mind by An-nan Guan

I am from the Avatamska Monastery in Calgary, Canada where I've lived for half year. This is my first time to come here and participate in the Repentance before Ten Thousand Buddhas.

I'd like to introduce how I came to study the Buddhadharma and how I resolved to walk the path of Buddhist practice. I was in an auto accident in 2005, that changed my life. Originally, I had no religious belief and was merely pursuing fame and profit as well as enjoying sensual pleasures from the five desires. Then one night I dreamed that Guanyin Bodhisattva was standing in front of me, telling me that I was between life and death. She told me that I should pay respects to her. I continued to have similar dreams during the coming nights. I felt these were unusual dreams, but I didn't pay them much attention. A few days later something happened unexpectedly.

The vehicle I was driving left the road. The car was totaled, but miraculously my injuries were minimal. The fright from this accident was indescribable. The impermanence of life had completely shocked me; it was as if I had awakened from a bad dream. I became a devout Buddhist disciple because of the compassionate guidance of the Buddhas and Bodhisattvas.

Shortly after the accident, I discovered the Avatamsaka Sagely Monastery. I felt close to the place as soon as I visited. As I was studying the Buddhadharma there, I began to observe the ants, moths and bugs in the garden and saw myself in them. They were hustling and bustling every day to make ends meet, not seeing how great the world is and how short life is. Their worries are insignificant, compared to human worries.

To ordinary people, I lived a fortunate life because I didn't have to worry about food and clothing. I was ignorant and didn't know what disasters might happen to me tomorrow. I didn't know that everything I had could be destroyed overnight and I didn't lack for anything. But many causes and conditions made me determined that my only way out was to engage in Buddhist practices.

在常人眼裡，我的生活是很幸福的，衣食無憂。我就像一隻井底之蛙，不知道明天會有什麼災難會發生在我身上；也不知道現在所擁有的一切，會不會一夜之間毀於一旦，對生活沒有任何希望。由於這種因緣，認定修行是我唯一出路。

自從在卡爾加利聽說萬佛聖城，便對聖城產生了濃厚的興趣。因為每當人們提起聖城時，都有難以說盡的讚歎和嚮往。著名的萬佛寶懺，也是早有所聞。這次經過這三週多的時間共修，真正體會到法會的殊勝功德和佛菩薩救度眾生的悲願。

當我第一天走進這佛殿，很明顯地感受到一股攝受的力量，這是去年來萬佛聖城所沒有感受到的；這種攝受力好像是一種戒力，使我不敢放逸或是隨隨便便打妄想。同時也發現，搭衣參加法會比著便裝容易約束自己，穿縵衣無形中就有一種戒力在裡面！

法會的前二週，在拜懺時我常常情不自禁地落淚，有時又會覺得身心非常愉快。這種感受是內心的發露，而不是因為一時情緒或者外部環境的影響；真正體會到自己業障深重，而佛恩難報。拜懺的最後一週，是我覺得最輕鬆的一段時間。即使唱了一天，嗓子也不覺得累；禮拜多少次，身體也不覺得沉重。打一個比方，好像原來身上背著一些很重的東西，在最後這幾天，如釋重負，把所有的擔子都放下了，身心輕快無比。

在拜懺休息的時間，我幫道場做一些工作，進一步了解了聖城的生活，也結識了一些法師和居士，他們給我的印象就好像聖城的環境一樣，祥和而親切。正如許多人所講的那樣，萬佛聖城真是一個修行的好地方。坦白地講，如果不是需要回加拿大，我還真想留在聖城不走了。

上人都在看著我們——張曉燕

我的法名叫親燕。一九七八年宣公上人第一次到馬來西亞弘法的時候，祖父母、父親和懷著我的母親一起皈依了三寶，很可惜我沒有親眼見到上人。

好學及好勝的我，與世人一樣忙忙碌碌追求著人生的夢想。在27歲那年，得到

I first heard about the City of Ten Thousand Buddhas (CTTB) long ago when I was in Calgary; I become interested. When anyone mentioned this renowned place, they expressed praises and yearning. Now that I've been practicing here in CTTB for over three weeks with the group, I truly understand and experience the supreme merit of the Dharma assembly and the Buddhas' and Bodhisattvas' compassionate vows to save living beings.

When I set foot into the Buddha Hall, I felt an obvious power that embraced me. I didn't feel this when I was here last year. The energy felt like power from the precepts; because of it I dared not have casual thoughts. I also discovered that wearing the black robe and the precept sash disciplined me; the robe and sash revealed a kind of invisible power.

During the first two weeks of the session, I couldn't help but shed tears when bowing the repentance. At times, I felt delighted in both body and mind. The feelings came from my heart, not from temporary emotions and external surroundings. I experienced that my karma is deep and the kindness of the Buddhas is hard to repay. The last week of the bowing session was the easiest. Even if I recited for an entire day, I didn't feel tired, especially in my throat. No matter how many times I bowed, my body didn't have a heavy feeling. I will give you analogy to describe this experience: it was like carrying a heavy load for two weeks then having the load lifted. My mind and body felt light.

During the breaks, I volunteered to help out in order to further my understanding of life in CTTB. I came to know Dharma Masters and lay supporters. I was impressed that they were personable and peaceful, the same way I was impressed with CTTB. It was exactly like everyone had told me – CTTB is a wonderful place for spiritual practice. If I didn't have to return to Calgary, I really would have liked to stay at CTTB.

The Venerable Master Is Watching Us by Xiao-Yan Zhang

My Dharma name is Qing Yan. In 1978, the Venerable Master came to propagate the Dharma in Malaysia. My grandparents, father and mother (who was pregnant with me) took refuge with the Master. Unfortunately, I didn't have a chance to meet him in person.

I was always eager to learn and was competitive. Like everyone else, I was busily pursuing the dream of my life and at the age of 27 I earned my Ph.D. from Singapore's National University. I was offered a job as a lecturer in a university, which was the start of the second journey of my life. After time, I began to search for the meaning of life. Will I live like this for the rest of my life? So what if I have the title of being a professor? I became befuddled, and then I was reminded of Venerable Master Hua. I yearned to go 'home' so I searched the Internet and discovered that my time to teach didn't conflict with the Repentance before Ten Thousand Buddhas session at CTTB. Disregarding the consequences, I bought a ticket and flew from Australia to the U.S., alone.

Little did I know that as soon as I arrived I would fall sick. Deep in my heart I was calling for the Venerable Master Hua to help me. I said,

新加坡國立大學的博士學位，之後又幸運地在大學找到了講師的工作，開始了人生第二個旅程。過了一段時間，我開始尋找人生的意義，難道這一生就這樣過了嗎？得到教授的頭銜又如何呢？就在迷惘的時候，想起了上人，心中就想「回家」。上網查尋資料，發現萬佛城的萬佛寶懺跟教書時間沒有衝突，所以就不顧一切地買了機票，一個人從澳洲來到了這裡。

沒想到一到這裡，我就病倒了。心裡不停地叫師父，說：「師父，我終於回家了！可惜見不著您，還病倒了！」在病倒的第二個晚上，師父在夢中出現了，他帶我到兩位法師那裡去看病，法師告訴我，在聖城住上兩個星期就好了。兩個星期後病果然好了，當然也要非常感激同房居士的照顧。

病好了，非常開心地上殿聽經，當晚正好是上人講解《法華經》。當我靜下心來，閉目打坐，突然看見一隻金光閃閃的金龍飛入大殿來聽經；在師父開示的時候，我又看見了一隻銀龍飛入，牠們倆就在大殿飛來竄去的，聽師父的開示。所以在座的各位，真的是非常有福報能在聖城共修。

幾天前，正專心的禮佛拜懺，突然看見一尊非常莊嚴、金光閃閃的大佛像出現在大殿門外，慈悲微笑地看著我們禮佛拜懺。當時的我忍不住痛哭流淚，非常感動，非常慚愧。

每當想到萬佛懺將要結束時，心中總是非常難過，也非常想念師父。有一個晚上在夢裡，看見一位非常高大、威儀莊嚴的出家人，看著我們在大殿外繞佛，那位法師對我說：「我就是師父！」夢裡的我，感動又開心地哭了出來；師父都在看著我們，陪著我們。師父又對我說：「別擔心，每一年都會來拜懺的。」聽到師父的肯定，我興奮地從夢裡醒來。今年萬佛懺圓滿了，誠心地希望師父給我的夢想會實現，明年再見。

讚禮十方佛——許文貝

我法名親文，來自馬來西亞，21歲。去年的十二月佛七，聽到法師開示：「上品上生

"Master I have come home. It is a pity that I can't see you and that I am sick." The second night, the Venerable Master appeared in my dream. He took me to see two Dharma Masters for treatment. The Dharma Masters in the dream told me that I would get well if I stayed in CTTB for two weeks. In two weeks, I was well. Of course, I am grateful to my roommate for taking care of me.

I was well and happy to go to the evening lecture. The Venerable Master was lecturing on the *Lotus Sutra*. I had calmed my mind and was meditating with my eyes closed when suddenly I saw a golden dragon fly into the Buddha Hall to listen to the lecture. As the lecture continued, I saw another dragon, of silver color, fly in. Both dragons were flying back and forth in the Buddha Hall and listening to the lecture. All of you who practice together at CTTB truly have abundant blessings.

A few days ago, as I was focused on bowing and repenting, I saw a huge, adorned, glittering, golden Buddha appear at the Buddha Hall door. The Buddha smiled compassionately and beheld us while we were bowing. I couldn't help but burst into tears. I was moved and at the same time, so ashamed.

The thought that the Repentance before Ten Thousand Buddhas session was coming to an end made me sad, and I began to miss the Venerable Master. One night I dreamed I saw a tall monk with awe-inspiring deportment watching us circumambulate the Buddha statue outside the Buddha Hall. The Dharma Master told me, "I am your Master." I shed happy tears; the Venerable Master had been watching over and accompanying us. The Venerable Master told me, "Don't worry. You will come to bow this repentance every year." When I heard the Venerable Master's confirmation, I woke up from my dream and was very excited. This year's Repentance before Ten Thousand Buddhas session is complete. I sincerely wish that the dream the Venerable Master gave me will come true. See you next year!

Praising and Bowing to the Buddhas of the Ten Directions

by Wenbei Xu

My Dharma name is Qin Wen. I came here from Malaysia and I'm 21 years old. I was here last December for the Dharma assembly. I heard the Dharma Master's lecture in which she said, "Those who are born in the highest grade will become enlightened right away once they are born in the Land of Ultimate Bliss. They can travel to the worlds in the ten directions and receive predictions from the Buddhas in the ten directions." I couldn't help but ask why they are so fortunate. The Dharma Master said, "If we want to be like them, we should plant good seeds in the Saha World, which means we should make vows to practice the Repentance before Ten Thousand Buddhas at CTTB first. We should first make praises and bow to all the Buddhas in the ten directions so that the Buddhas recognize us. As a result we will have more opportunity to draw near to the Buddhas in the ten directions and receive predictions from them."

的，生到西方極樂世界可以馬上開悟，然後到十方世界，讓十方佛授記。」當時忍不住說：「哇，好幸福哦！」法師又說：「如果我們想跟他們一樣的話，在娑婆世界要先種個好因，到萬佛城拜萬佛寶懺。先讚禮所有的十方佛，讓十方佛認識認識我們，那我們就更有機會親近十方佛，請十方佛為我們授記。」

當時我非常法喜，馬上發願，我跟阿彌陀佛說：「如果有機會，一定要參加2010年的萬佛寶懺。」可是我還要上課、還要考試，這怎麼辦？所以想了又想，說：「如果有機會，您就讓我來吧！」開學的時候，查一查行事曆，慘了！四月考期末考，看來沒有機會，我很傷心。三月裡，媽媽打電話給我，她說：「文貝，妳想去萬佛城參加萬佛寶懺嗎？今年萬佛懺在五月開始。」「那太好了！」考試剛考完兩天，就飛來這邊，真的滿我的願。

我從十五歲開始念《地藏經》。因為知道家境不是很富裕，又年輕，簽證是非常難拿到的。所以就把每天念《地藏經》和〈楞嚴咒〉的功德全部迴向，希望有機會順利拿到簽證，拜萬佛寶懺。

《地藏經》有二十八種利益，第十七個利益就是有求皆從，相信地藏王菩薩一定會滿我的願。到我去面試的時候，承辦的人什麼都沒問，直接給了十年的簽證。信願行是非常重要的；當我們深信，我們有願力，佛會加持。當然也要像我這樣地念《地藏經》〈楞嚴咒〉，然後功德迴向，心願一定會實現的。

在這個法會，可能因為我年紀輕，也不曉得為什麼，大家都非常關心、照顧我。因此，我可以非常順利、非常健康的參加法會直到圓滿。非常感恩！相信每位拜萬佛寶懺的人都會上品上生，到十方世界請十方佛為我們授記。最後願參加這個法會的各位同修法喜充滿，明年再來。

At the time, I was filled with Dharma joy and immediately made a vow. I said to Amitabha: "If I have the chance, I will participate in the Repentance before Ten Thousand Buddhas. However, I have classes to attend and exams to take. What should I do? If there is an opportunity, please allow me to go." When school started I checked the calendar and found that my final exams were in April. It appeared I would have no opportunity at all and I was saddened. In March I received a phone call from my mother, "Wen Bei, do you want to go to the City of Ten Thousand Buddhas to participate in the Repentance before Ten Thousand Buddhas? It doesn't start until May." Two days after my exams, I flew to CTTB. My wish was fulfilled.

My family is not wealthy and I am young, so it is hard to pass the qualifications for obtaining a visa. However, I have been reciting the *Earth Store Sutra* since the age of 15. I dedicated all the merit and virtue from reciting the *Earth Store Sutra* and the Shurangama Mantra toward getting the visa so that I could come and bow the Repentance before Ten Thousand Buddhas.

There are twenty-eight kinds of benefits from reciting the *Earth Store Sutra*. The seventh one is that all your wishes will be fulfilled. I believed that Earth Store Bodhisattva would fulfill my wish. When I went for the visa interview, the officer did not ask me any questions and straightaway granted me a ten-year visa. Faith, vows, and practice are very important. I have deep faith. When we have vows, the Buddhas will bless and support us. Of course, we have to actually recite the *Earth Store Sutra* and the Shurangama Mantra as the practice, then dedicate the merit and virtue so that all wishes will surely be fulfilled.

When I came to this session, everyone took care of me, perhaps because I was the youngest. Everything went smoothly and I was able to complete the session in good health.

I am grateful. I believe that everyone who has bowed the Repentance before Ten Thousand Buddhas will be born in the highest level of the highest grade in the Land of Ultimate Bliss. We will be able to go to the worlds in the ten directions so that the Buddhas will bestow predictions on us. At the last, I wish that everyone who participated in this Dharma Assembly will be filled with Dharma joy. Please come again next year!

